

The Potential Impact of Essential Nutrients Vitamins C and D upon Periodontal Disease Pathogenesis and Therapeutic Outcomes

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DOI:

[10.1007/s40496-016-0116-9](https://doi.org/10.1007/s40496-016-0116-9)

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Document Version

Peer reviewed version

Citation for published version (Harvard):

Brock, G & Chapple, I 2016, 'The Potential Impact of Essential Nutrients Vitamins C and D upon Periodontal Disease Pathogenesis and Therapeutic Outcomes', *Current Oral Health Reports*, vol. 3, no. 4, pp. 337-346.
<https://doi.org/10.1007/s40496-016-0116-9>

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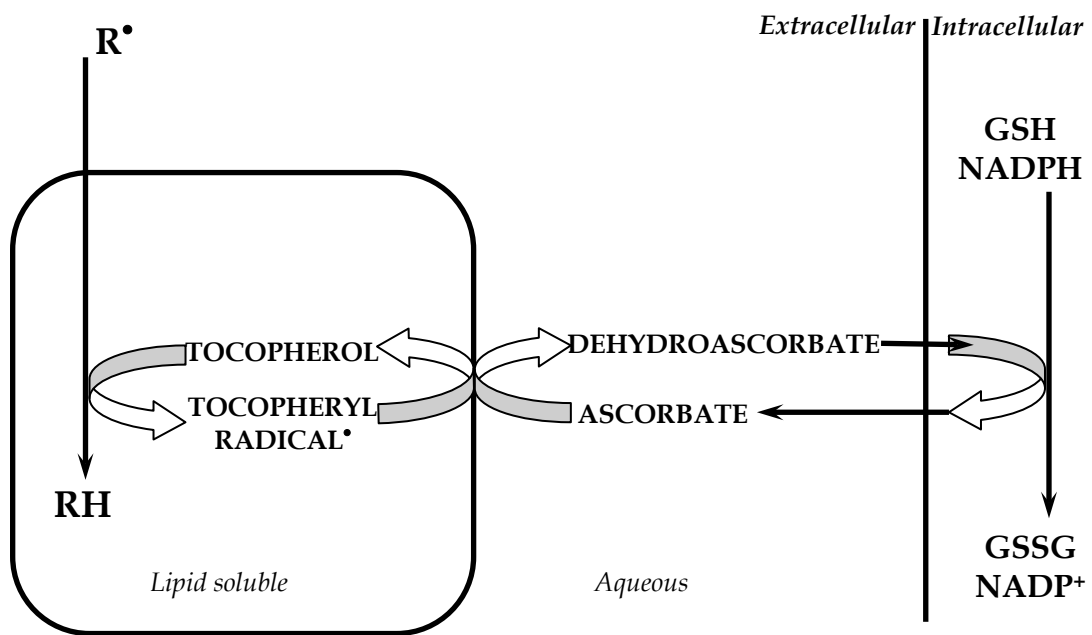


Figure 1 Intracellular reducing power linked to the antioxidant status of both the lipid- and water-soluble environment.

Following vitamin E (tocopherol) oxidation to the tocopheryl radical by an attacking radical (R^\bullet), alpha tocopherol can be regenerated by a redox reaction with ascorbic acid at the lipid-water interface. The oxidised form of ascorbate can subsequently be regenerated intracellularly by glutathione (GSH)-dependent dehydroascorbate reductase to yield oxidised glutathione (GSSG), or by nicotinamide adenine dinucleotide phosphate (NADPH)-dependent dehydroascorbate reductase to yield oxidised $NADP^+$.



Figure 2 Scorbutic gingivitis is reported at levels $<10\text{mg/day}$ vitamin C intake.